5 What is claimed:

1. A rod assembly comprising;

(i) two symmetrical rods of equivalent size; each said rod manufactured of modified metal; each said rod comprising a central beam having a near end and a distal end and an inside wall surface; each distal end terminating in a first arcuate configuration; each near end terminating in a second arcuate configuration such that upon joining the rods together the first arcuate configurations form a first circle and the second arcuate configurations form a second circle; each of the arcuate configurations having a near end and a distal end wherein each distal end has an opening at the terminus thereof to receive a fastening device;

(ii) each said rod having an opening located in the central beam between the first arcuate configuration and the second arcuate configuration, wherein all openings are directed through the inside wall surface thereof.

2. A device as claimed in claim 1 wherein there is additionally present a fastening device located in each opening.

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- 3. A device as claimed in claim 1 wherein there is present a bushing in the first circle formed by the first arcuate configurations.
- 4. A device as claimed in claim 3 wherein there is present a bushing in the circle formed by the second arcuate configurations.
 - 5. A device as claimed in claim 1 wherein the rods are assembled such that there is a gap provided between the inside surface of the beams.
- 6. A device as claimed in claim 1 wherein the inside surface of each beam between the first and second arcuate configurations is flat.
 - 7. A device as claimed in claim 6 wherein the inside surface of each beam contains a channel therein running essentially the length of the flat inside surface.
 - 8. A device as claimed in claim 1 wherein the fastener in the opening located between the first arcuate configuration and the second arcuate configuration is capable of being adjusted to provide compression or tension.
- 9. A device as claimed in claim 1 wherein the opening located between the first arcuate configuration and the second arcuate configuration is not at the midpoint.
 - 10. A device as claimed in claim 1 wherein the metal rods are shot peened to create compression stress in the metal rods.
- 11. A device as claimed in claim 1 wherein the metal rods are treated with high pressure water to create compression stress in the metal rods.
 - 12. A device as claimed in claim 1 wherein the metal rods are chemically treated to create compression stress in the metal rods.